



CHRIS DYER x KEYNOTE

THE KEYNOTE ON CHANGE

Thriving Through Relentless Change

The keynote for organizations getting hit by AI, workforce shifts, and market volatility at the same time. A practical roadmap for thriving when the pace feels relentless.

FORMAT	Keynote or workshop
LENGTH	45–90 minutes
DELIVERY	In person or virtual
AUDIENCE	Company-wide, all roles
OUTCOME	Inspiration
SPEAKER	Chris Dyer

BOOKING THROUGH 6 DEGREES SPEAKER
MANAGEMENT

Everything is hitting your teams at once.

AI, shifting workforce expectations, hybrid models, and market volatility are landing simultaneously. Teams feel the pressure but lack the tools to respond productively.

In this energizing keynote, Chris delivers a practical roadmap for thriving when the pace of change feels relentless, built on three proven pillars: transparent communication that builds clarity and trust, boundary-honoring collaboration that strengthens teamwork and respect, and the seven types of rest that protect well-being and sustain energy.

Chris draws on his experience as a CEO who grew a fully remote company through two recessions and a pandemic, along with insights from his work with organizations including NASA, Intuit, and Caesars. He has lived every disruption he talks about, which is why the advice lands as field notes instead of theory.

Attendees leave with meeting hacks that free up time, email strategies that reduce overwhelm, and boundary-setting approaches that prevent burnout while strengthening relationships and fostering a culture of belonging.

What your team will walk away with

- **Resilience and adaptability mindsets** for navigating uncertainty
- **Practical communication and collaboration tools** they can use immediately
- **Energy management strategies** rooted in the science of rest
- **Confidence to lead through disruption** from AI, organizational change, and market shifts



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PROVEN PILLARS:
COMMUNICATION,
COLLABORATION, REST

7

TYPES OF REST THAT SUSTAIN
ENERGY THROUGH CHANGE

2 + 1

RECESSIONS AND A PANDEMIC
CHRIS LED A REMOTE
COMPANY THROUGH

Who chooses this keynote?

Ideal for company-wide audiences, all-hands meetings, and mixed-role groups in organizations facing rapid change, fast growth, or disruption from AI and innovation. Also a strong fit for industry conferences where attendees are navigating market shifts, regulatory change, or workforce transformation.

Planners pick this one when the room needs to leave with energy, not homework. It meets people where the exhaustion actually lives and hands them tools small enough to use the same week.

THE OPERATING IDEA

People > Process > Tools > Technology

The hierarchy Chris built his companies on, and the reason this keynote holds up no matter which disruption is in the headlines. Get the order right and the change stops running the team.



“Our employees walked away with practical strategies they could apply immediately.”

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BRING THIS TO YOUR EVENT

Check dates and availability

Shannyn manages Chris's calendar and can confirm dates, fees, and format within one business day. Tell her about your event and audience, and she will take it from there.

Shannyn Downey

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Best,

Chris Dyer

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